

Eat healthy

July

Declare your
freedom to live a
safe and healthy life.

Be active

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

*Drink in
moderation*

Be tobacco free



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information on
women's health, visit
www.cdc.gov/women

Celebrating
20 years
OF PROMOTING WOMEN'S HEALTH
CDC OFFICE
OF WOMEN'S
HEALTH